

ADVICE & TIPS  
for little  
explorers

# Let's go HIKING

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B4U publishing



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You may already be an experienced hiker or you may be going out into the countryside for the first time. Either way, in this guide you'll find lots of valuable advice and useful tips that are sure to come in handy on your trip.

As you're probably raring to go, there's no time to lose.

**Let's get started and be on our way!**

**TIP:** At the beginning of each chapter, only one member of the family gets the task right. Can you figure out who it is?



# WHAT WE NEED TO KNOW

- How do we pack the backpack? ..... 4
- What should we wear?..... 8
- How should we act? .....12
- Where do we get water from?..... 16
- What do we eat? .....20
- What do we do if we have an accident?..... 24
- How do we find our way?.....28
- How do we put the tent up? ..... 32
- What kinds of fun can we have outdoors?..... 36



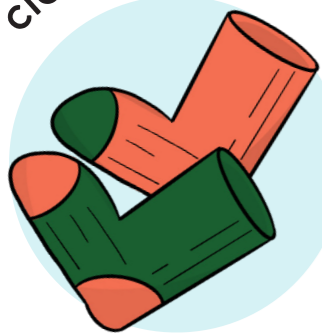
# What should we carry with us?

A penknife not only has a blade, it has many other useful tools. But you need to know how to use it. If you're not sure, ask your parents to help you.

penknife

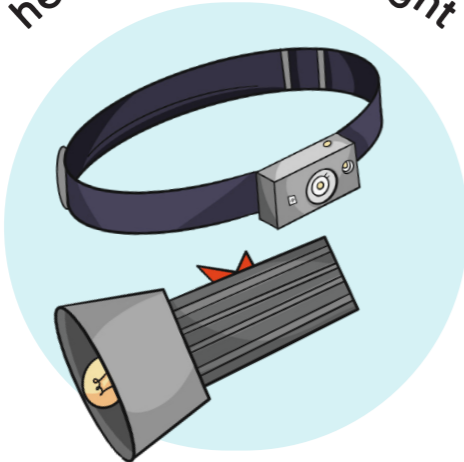


clean clothes



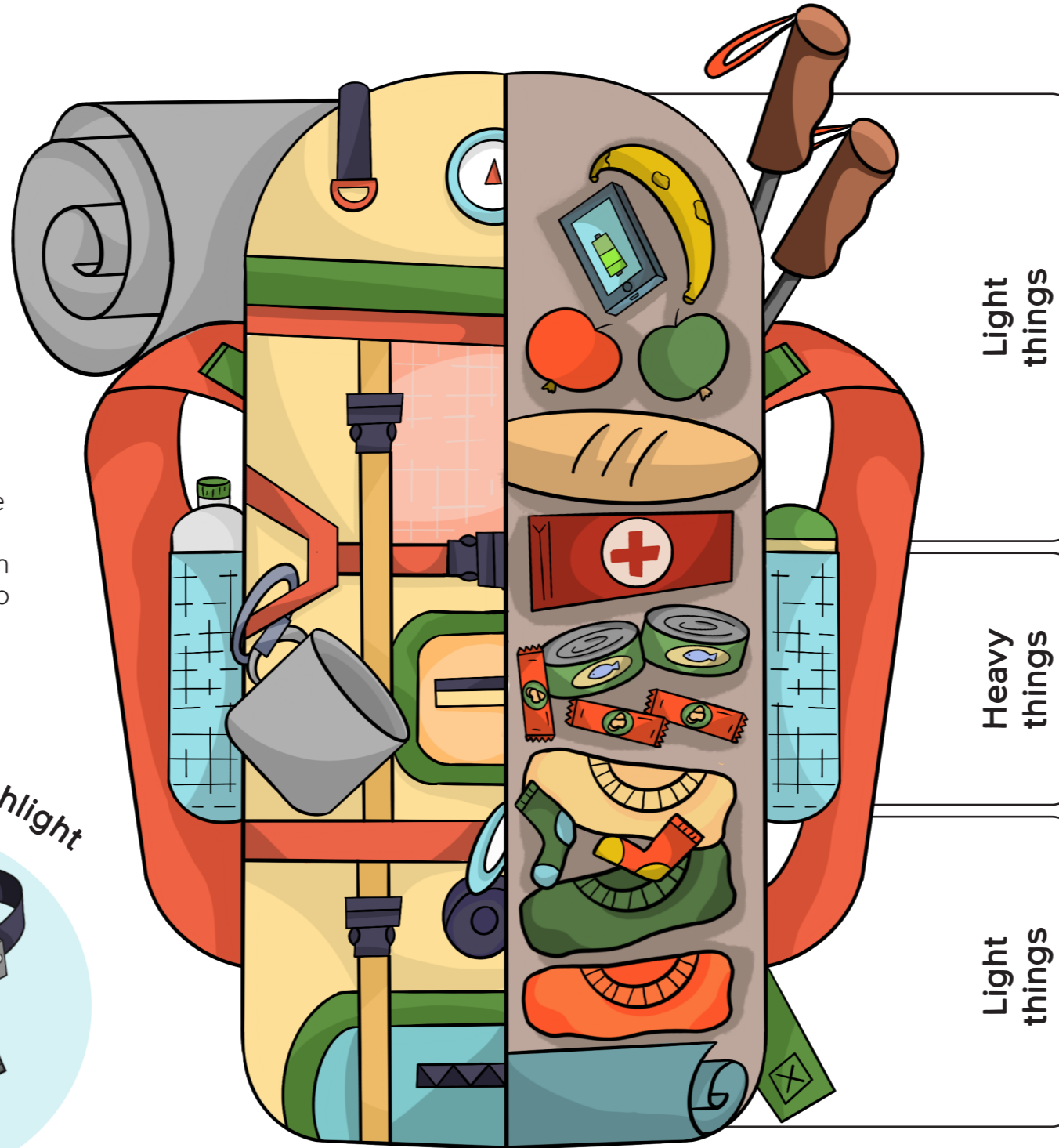
Make sure you take enough spare clothes. Clean clothes will come in handy when you go for a longer trip.

headlamp or flashlight



A headlamp or flashlight is essential for any trip. Even if you go for a day trip, you could still find yourself outside when it gets dark.

**!** Pack your backpack properly!



Light things

Heavy things

Light things

**1** You should put the heaviest things in the middle and as close to your back as possible, and the lighter items should go further down.

**2** Put the things you need to get to easily at the top of the backpack.

**3** Don't forget to fasten the straps of the backpack tightly. This will make it much easier to carry. Fastening the waist and chest straps will ease the pressure on your back.

first aid kit



A first aid kit will be useful if you injure yourself. Check everything is in there, before you go.

# WHAT SHOULD WE WEAR?

Are you ready for a hike? When you're out in the countryside, you need to dress comfortably and put lots of layers of clothes on top of each other. Then when you start to feel warm, you can just take off a layer.

Phew, it's really hot! You'll sweat because it's physically demanding, so don't put too many clothes on.



It's very important to wear the right shoes. Not only will your feet be comfortable, it'll help prevent a lot of stumbling and falling.



Daddy's doing great! He's properly dressed and uses trekking poles for support when walking. They'll be especially useful in the hills!

Brrrrr! The little boy underestimated the weather. It can be cold, especially when you're having a break, so always have a warm jacket or sweatshirt with you.



# WHAT DO WE DO IF WE HAVE AN ACCIDENT?

If you get injured when you're in the countryside, try not to panic. A first aid kit should be enough for minor injuries. In the case of more serious injuries, you need to call the number of the emergency medical services.

Be careful where you walk, especially on rocky terrain, so you don't get injured. A sprained ankle or bruises and grazes can spoil your trip.

Ouch, burnt skin! Sunburn is one of the most common causes of discomfort for hikers. If you're going to be outdoors for a long time, wear things to shade you from the sun and put on sunscreen often.

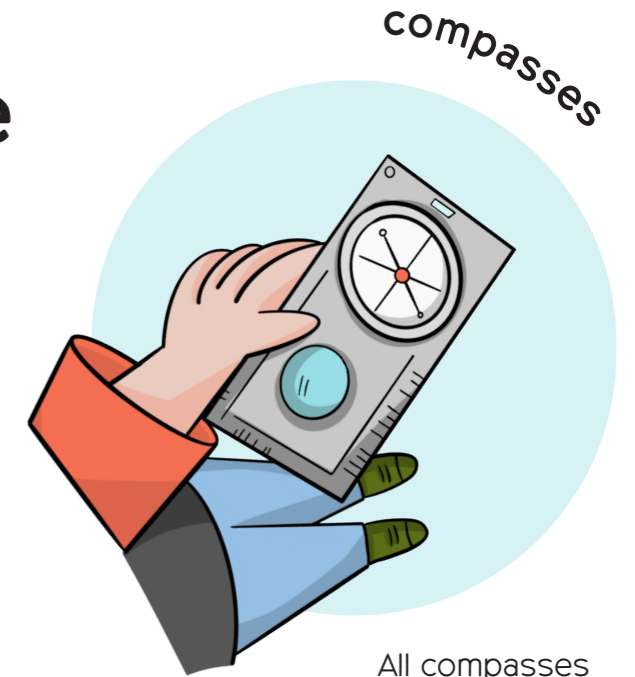
Your first aid kit should always have all the necessary items and always be within easy reach. You never know when you'll need it!



Always plan your trip properly, ideally in advance. And don't forget that an adult should always know where you're going – even if it's only a little diversion off your route.

# Always know where you are

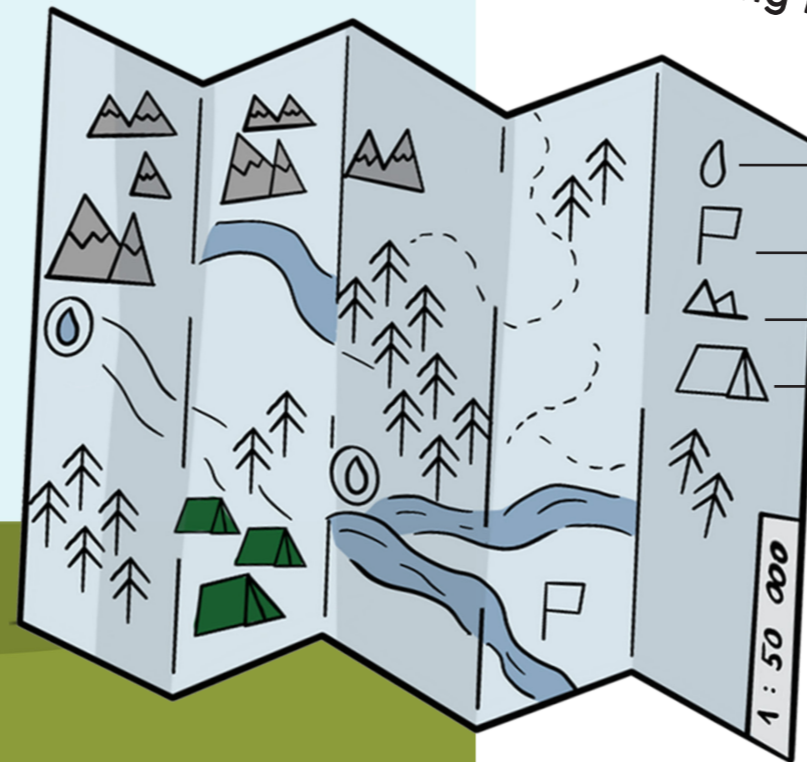
A map and compass or orienteering compass are invaluable if you find yourself with no mobile signal. That's why it's a good idea to learn how to use them. There are also various useful map applications that you can download to your phone before you go.



compasses

All compasses show us which way north is.

reading maps



water source

place of natural interest

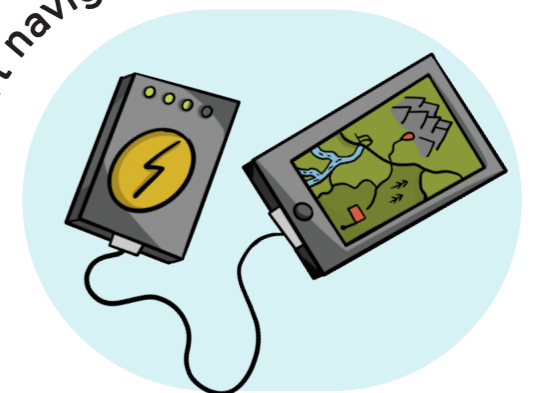
rocks

camping area

All maps have a legend that explains the meaning of the symbols drawn on the map.

Smartphones can determine your position by means of a navigation system. Make sure your phone is charged or take a power bank with you.

smart navigators



If you're following a marked trail, don't forget to check the trail signs regularly, so you don't lose your way.

For a compass to work correctly, it must always be held in a horizontal position.

So you've decided go for a trip to the countryside. Make sure you pack properly, now you know how important it is! You can make a list to help you pack. Feel free to do it in your own way. You can write things down, draw pictures, colour them in ... any way you like. Here's an example of what a list of things for your trip might look like.

## FOR A DAY TRIP

What I'm going to wear:



Plus:

sweatshirt



rain coat



drinks



nutritious snack



Mustn't forget my cuddly toy!



medicines and plasters



mobile phone



sunscreen



insect repellent



I'll carry the things in my favourite backpack.



And now off we go into the countryside!

Sometimes you might not feel like going on a trip. But if you give it try, you'll see what great fun it is! If you need more motivation, why not try doing something interesting or exciting?

So many interesting plants grow in the countryside!

**climb to the top of a hill**



And enjoy the view.

**your own herbarium**



**journal of your trips**



Make sure you have a record of your best experiences!

**watch the sun rise**



Either sleep outdoors through the night or get up early.

**take photographs of your favourite place ...**




**... at different times or seasons of the year**

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Hooray, we're going hiking in the countryside! Put on your shoes, grab your backpack, and off we go! But wait a second, are you planning to go in flip flops? Haven't you put any sunscreen on? And what about taking a snack with you? What's more, do you even know where we're going?

What a lot of questions! And how are you supposed to know when you're just learning to find your way around the countryside? But there's no need to worry, that's what this guide is about. You'll learn all you need to know to avoid difficulties on your trip to the countryside and have a lot of fun.

#### YOU'LL LEARN ABOUT:

- packing your backpack properly
- what clothes to wear
- nourishing snacks
- the items in a first aid kit
- ways of filtering water
- the best way to arrange your
- things in your tent and much more

